



Comparison of Reading Habits of Secondary School Students: A Gender Based Analysis

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ABSTRACT

The purpose of this study was to investigate the book reading habits of science students at secondary level in Islamabad. The objectives of the study were to compare book reading habits of boys and girls. It is common observation of researcher and reported by teachers and parents that with the passage of time, number of students who read books properly are becoming very less. The study is helpful for the secondary school science students. This study will also be helpful for teachers and for policy makers and educational planners. All the students of SSC level studying boys and girls schools and colleges located in sector urban II of Islamabad constituted the population of the study. Two boys and two girls' schools were selected as random sampling technique. Out of these school's all students were chosen from each school. So sample of the study comprised of 122 students of 4 government and model secondary schools in Islamabad. A questionnaire on book reading habits was developed by the researcher. This tool consists of 37 statements on five point Likert scale. Statements were improved in the light of suggestions given by experts. The questionnaire was administered to the 122 respondents personally and they were asked to fill in the questionnaire accordingly. 122 questionnaires were filled from the respondents. Findings revealed that many boys use strategies for reading but most girls avoid skimming and chunking. Boys and girls of government schools limit disturbances while reading, both boys and girls read for writing further and critical thinking. Reading improves boys' and girls' focus and concentration. Mostly boys and girls don't read for fun, also they don't read to simply pass the time. Many student girls and boys read books before going to bed and they don't prefer online material.

Key words: reading habits, skills, learning, environment

INTRODUCTION

We know that in Islam, the act of learning itself is considered an act of worship. The very first surah, surah Alaq, revealed to the Prophet Muhammad (S.A.W.W) begins with the word "IQRA", which means read. The importance of reading cannot be denied in the light of this verse. Our last Prophet has said that search for knowledge is the duty of every Muslim. He also says that Allah likes the seekers of knowledge. According to Awis and Ameen (2013), In Pakistan, a considerable number of studies were found showing the reading habits of different groups of society. These studies show how children, adults, men, women are having different kinds of reading habits. In Pakistan today, Gallup and Gilani a survey was done in which it was concluded that 3 in 4 Pakistani (75%) say that they don't read any book at all. Only 9% are keen and found of reading books. Karim and Hassan (2007) told us that It is clear from research, the demand and use of digital information has increased worldwide and inclined the way people read. According to (Lone, 2001), Reading has been defined differently in different eras. He says, in the past, reading was meant to interpret visual information of any given codes or systems. More reading according to Tiot (2001) process of thinking and recalling is called reading, according to him reading is also the functioning of written words. And for Fisher (2004) generally reading is the capability to create sense of written symbols. Clark and Foster (2005) also reported in his thesis that as compared to boys, girls like reading more and hold positive reading attitudes. Mckenna, Keam and Eusworth (1995) and Hassel and Rodge (2007) disclosed that as compared to boys, girls have more satisfactory attitudes for both entertaining and academic reading.

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Majority of schools, colleges and universities in Pakistan today do not focus on encouraging and inspiring their students to read. Students, mainly from professional colleges, internet and laptops are used in order to complete their work (Hussan, 2016). More she said that teachers and parents are playing main role in lacking the interest of reading among today's generation. Then she said, in underdeveloped areas and villages in Pakistan, the overall educational infrastructure and reading is in a serious state. A good book is a best friend and a good companion. One can never feel alone when he is having a book with him to read. Book provides knowledge and you never feel bore but one must know how to read. When a person has nothing to do, books keep him busy. The person who has reading habit, they use their free time in a nice way. A person sitting free and doing nothing, worries overwhelmed his mind. Through book reading habit it is easy for a person to keep away from worries. It is better for a reader to read book than going in the gardens or in the parks. Reading is a big source of knowledge. Reading is also the source of wisdom and it is a source of entertainment and inspiration (Shabir, 2017).

Today the ability to read is one of the most important basic skill for learning. He says reading is important for the communication in the society. Only through reading it is possible to take best part in the society. Reading is important to get the traffic signs, medical instructions, and news stories. Furthermore, through reading one can access information online or in books and magazines. By this all these keep people educated and keep people informed about the world. The constant development is necessary for the human brain. Reading is the activity to help in the brain development. Reading helps people generate a more active imagination. Through active imagination the higher levels of creativity is achieved (Pariona, 2017).

Gallup Pakistan (2011) in his survey showed the findings that only 28% Pakistani claimed to have the habit of reading books while this rate was 46% in 2002. Keeping in view the importance and significance of reading, it is considered important to investigate reading habits of the science students in Islamabad. This study's contribution will be valuable. To know about the behavior of reader, it will be helpful to improve library services. Further, this study is an investigative baseline which will open the various areas for other researchers.

OBJECTIVES

Study was undertaken to achieve the following objectives:

1. To find out the book reading habits of science students at secondary level.
2. To compare book reading habits of secondary school boys and girls students.

REVIEW OF LITERATURE

Billions of individuals in history come and go, many of them wrote precious books of their wisdom. This differentiates billions of individuals throughout human history. The people who gave their wisdom in the form of words and books, we remember them. It would not be right to ignore the intellect required to explain the words of wisdom, but it is also immoral to not value the early chaos they make in the minds of people so as to become intellectual. Books play a major role in the turning of present into fruitful future. He says that recoding of facts, philosophies and observation is that wonderful art which helps in the transfer of knowledge from one generation to another. Most importantly the art of recording cumulates and compounds in a fluid fashion (Shabir, 2017).

Book reading is helpful for a man to think deeper and find out the sources of actual happiness. Book reading makes people intelligent. Through book reading one can see life from different angles. Those people who make book reading their habit and continue reading

books live a satisfied life (Nazir, 2011). But it is not an easy task for many reasons to sit, read and make a habit of reading books. It is very sad that young generation is depending on social media. This social media gives them false and wrong information. It forms their thoughts, opinions and so behaviour. The feed that we give to our soul is very important therefore. We become like what we continually think (Shabir, 2017). Reading helps the souls to write. Through reading the biographies or diaries of famous people, it fills a quest to be great like them (Shabir, 2017). There are many goals which people set for themselves to achieve. Some people set their goals to “lose weight”, some to “stop procrastinating”, and some to “fall in love”. One of the top goals is reading more than many people set for themselves. A so a good book can be so satisfying, and interesting as it shows the clear image of everything (Babauta, 2019). There was a time when people used to love reading books and they used to read books only for their own pleasure. Can we say that this is still true? In the present time when life is moving at such a fast pace, how will people have the time to read books? Books are not the only pastime left anymore. They have evolved many new hobbies that have substituted reading in some way or the other. The art of reading seems to be lost somewhere (Agarwal, 2014). How books were used to write in past with so much effort and hard work.

For thousands of years, before the time when Gutenberg invented the printing press. It was thought to be luxury if have access to written sources like scrolls, historical recordings, or books in order to get information. Books were copied by hand. The copying process of books was very painful process. This painful process was before the time when most books were lost to wars, natural disasters, or neglect (Kahraman, 2017). The negligence of the importance of book reading by any society means that they put themselves to danger. History has shown because of knowledge comparatively small country ruled a big portion of the globe. Israel is not a big country and controlling the global financial systems. Israel also arms and ammunition industry besides it is very small country and have very less population, it's just because of knowledge. This shows that knowledge is a powerful light that lighten the darkest of the valleys (Shabir, 2017). Books have always been a medium by which we escape the reality and go into a fantasy world where we are not burdened by responsibilities and where we can do as we please. They take us to a magical place which can be a fairy-tale, a story full of ghosts or a wartime epic. There are no boundaries and no right or wrong in books. We get to take our pick about the kind of story we want to get into. We can relive the Ramayana or Mahabharata through the books anytime we want (Agarwal, 2014).

SITUATION OF BOOK READING HABITS IN PRESENT SCENERIO

If we want to get into the story of a book, we need a lot of patience and focus which we seem to be losing these days. We keep running after our life and just don't get the time to calm down and relax even for a bit. We seem to be losing the art of reading as we have found alternatives for it. Rather than reading books like Harry Potter, we prefer to watch the movie instead. We can't seem to invest the time that a book will take and try to look for alternatives if we can find any (Agarwal, 2014).

Now the stamina to sit with the book is almost finished. The thirst to understand the words is faded. The need to understand what the ink on the paper says has reduced. The millions and trillions of books might be there present in the library and in the shelves of bookstores. These books are untrodden. As long as they continue to untrodden, development to a better future cannot be bright. Our nation is in a state of predicament. In this state reading offers the best medicine for our souls. Reading helps to understand the situation, to understand the opponent and to create a vision (Shabir,

2017). One cannot put a price on knowledge or pleasure that is attained after reading a book (Agarwal, 2014). With the passage of time book reading habit is declining unbelievably in this modern age, and this age is also called digital world. For reading books majority of young people is changing its direction. They are changing direction for the improvement and the progress of this digital world. I phone, iPods and video games etc are always fascinating and charming the younger generation. The young generation don't like to read books and don't find time to read. The number of students is becoming very less in libraries as mostly young people prefer to spend time anywhere else rather than going to the library and spending time in reading books. This is a bitter reality. King has well said that every year, many goals are set for ourselves. Like many goals reading some books throughout the year is one of them. Not all goals are to be achieved. Just like most New Year goals which left incomplete, reading books also becomes incomplete work (King, 2017). But reading books gives us enormous benefits for going ahead in our lives in a better way.

WHY READING HABBITIS

It's time for us to wonder whether pretending to have read a book is actually of any help or does it have no importance at all. Agarwal says reading is an art. We must try to focus on giving ourselves entirely to the story that we are reading. According to him we must become a part of Hogwarts while reading Harry Potter and we must be a part of West Eros while reading Game of Thrones. But this will be only possible when we sit down and actually read the entire series rather than just reading about it on the internet to blend in with the others who seem to actually like it and read it (Agarwal, 2014). King has said there are plentiful benefits of reading good books. Good books make our mind think deeper. Good books teach us more about our field. It improves and sharpen our skills, control our worries. Good books eliminate our anxieties and generally just support us grow to the next level. Whatever our field or whatever our interests might be, it's very important to make a regular pattern for reading. There is a need to have reading habit beyond our horizons (King, 2017).

The modern age has become so fast. In this modern age nobody is willing to spend his time on reading books. People are creating a mess for themselves. In this modern age people think that they are in a rush and they need to progress with a rapid pace. They think that if they will not work with good speed then they will be left behind by the society or become isolated from it. Stephen King writes that if you don't have time to read, simply you don't have the time or the tools to write. Of course, what you choose to read matters. And for writing reading is an essential thing. It has been shown that the complexity of your reading material directly effects the complexity of your writing (Post, 2019).

A study led at the University of Sussex in England it was found that only six minutes of reading play an important role to minimise participants' stress levels. This level of stress can be reduced by 68 percent. Because of reading, the reduction of stress level and relaxation effect attained was stronger. It was stronger than listening to music, drinking a cup of tea or doing any other task (DesMarais, 2018). A survey was done to know what reading benefits to the reader. 1500 adult readers found that 76% of them sat that their life is improved because of reading. They say that reading is very helpful for making good feelings in them. Research shows that the person who reads regularly, he finds very less stress (Grothaus, 2019).

Reading benefits in physical and societal aspects of life. Reading is very important for getting knowledge. Knowledge is absorbed and entertained when there is a good reading habit (Grothaus, 2019). Reading is not an independent. It is depending on life. But reading is actually a method that opens many doors which are locked. Each time reading a book will help to become more powerful and stronger. Reading helps to become more capable. It makes very less helpless. You don't need to read the book which is boring and you don't like. But

you have to read those topics at least which are helpful and are concerned to you (Radwan, 2017).

READING HABITS AROUND THE WORLD

Global English Editing has surveyed the reading habits of different countries around the world. The results are surprising. In 2018, Indians are on the top in reading than any other countr. The result was based on each person in terms of time per day dedicated to reading. Indians appear to be actual bookworms who spend over 10 hours a day in reading books (Pariona, 2017). Thailand was second in reading book habit. China got third level in reading. Reading has positive and very useful effects on the mind and body. So reading is very necessary for the support. Europeans are very happy to invest in books and newspapers too. They spend on average \$240 per person each year. In 2018, 77% of Americans have said they went on shopping for books (Post, 2019). According to oxford learning reading books gives benefit academically. Reading books also provide a skill for lifelong success. Reading improves so many things. It increases in vocabulary, increases focus and helps in triggering stronger logical thinking (Oxford Learning, 2017).

READING HABITS AND AGE GROUP

Zickuhr and Rainie did research on younger Americans' reading habits which shows that the youngest age groups are considerably have more interest to read books than older adults. (Zickuhr & Rainie, 2014). Everyone has the right to read. A person can read whatever he wants. No matter of his age, he can read at any stage of life. There's really no clear category difference as to what a person can read. This is also not clear distinction for which age group is good to read. If someone is of 52 years of age and is keep busy in reading than that's is ok.if reading is a habit, there are several benefits. Putting artificial restrictions to reading habit is just useless (Spreeder, 2015).

Man have so many characteristics to adopt. Reading habit is one of them. And it is impossible to demolish this habit. Book is considered to be man's the best friend in life. Good books provide knowledge and also give experiences. Good book teaches moral values of life. Reading habit should be developed in early stage of life. Good book helps in the refreshment of one's mind. So reading habit in early stage brings huge pleasure. It is true saying that knowledge cannot be stolen but wealth can. If we share our knowledge, it increases. Knowledge can only be gain through reading habit. Knowledge cannot be replaced with anything else in this world (Aftab, 2016).

Spreeder (2013), also agree with the concept of development of reading habit in an early stage, as reading gives words of wisdom. According to him, the one who is fond of reading books, has developed his reading habit from the early age of his life. But it is also not difficult for people to mater themselves in reading while they are young. The reading habit which is developed in the young age will remain there till old age. Reading habit continue to remain as a habit, it cannot be finished (Spreeder, 2013). When children are born they are not disliking reading. It is true. And we know that what happens when we show books to toddlers. Toddlers fall in love with the books. They carry books with them. They like and see pictures again and again (Thoresen, 2013).

WHY DOES CHILD HATE READING

There are many reasons that child doesn't love to read, according to oxford learning main causes are:

1. child feels as reading is a boring thing
2. child thinks reading is tough
3. child consider reading is tiresome dull
4. child doesn't find the right book yet

According to this it's the good news if one knows why his child is not taking interest in reading because then u can sort out the issue and find the ways to make reading interesting and enjoyable for your kids. When one makes learning as reading fun then child will love to read and it will be easy for child to learn and get better reading habits (Oxford Learning, 2017).

GOOD READING HABITS IN KIDS

In oxford learning, for inspiring reading habits in kids one must read with them from their young age. This will help to develop motivation in child and by this child will enjoy reading. However, every student learns and practises information differently. This means that not all children have same level of reading interest, some children are having natural love for reading while others don't have at all. If one's child have no interest in reading and don't want to read, there are many ways and strategies which can be used for the reading motivation in kids (Oxford Learning, 2017)

According to Oxford Learning, there are various methods to create the good reading habit in kids, these are

1. Make a reading area
2. Inspire and motivate reading at home
3. Set an example
4. Create connection between real life and reading
5. There should be a visit to local library
6. There should be enough reading material at home
7. What child is reading there must be discussion
8. Interpret child of different book types
9. Reading should be every night
10. Child must be helped if find difficulty in reading

Make an example of good reader so child will follow. If there will be a connection between reading and real life, this will increase child's interest in reading. it will be a fun to read with the library card, so there should be local library visit and child must be free to select any kind of book on his own. There must be reading every night so this will surely increase child's reading interest.

DEVELOPING GOOD READING HABITS

Aftab says that reading habit is good to develop in early stage of life. According to him the art of reading habit should be increased. For increasing the reading habit, teachers' and parents' cooperation is necessary. Children should be encouraged by the teachers. Parents should also inspire their children for the development of reading habit in kids (Aftab, 2016).

According to (Levin, 2017), read like a leader, there are five ways by which one can make reading habit.

1. Go to the library
2. Set special time for reading
3. Make books easily accessible by any means
4. Read before bed as it helps sleep better
5. Give three chapters to every book so that move to next book if any not working good, as successful people are selective about what they read.

If reading is a habit, there are many ways to cultivate it. First, understand that reading is highly entertaining and enjoyable if you have a book. And if there is no good book, or you are having an extremely difficult book. You are compelling yourself to read this difficult book, as if this is your job. If this occurs for many days continually, then find the new one that entertain you and you love to read it (Babauta, 2019)

According to (King, 2017), here are tips which helps in the development of good reading habit:

1. Fix Your Reading Goal
2. Every month there should be a list of Books
3. Read some pages daily
4. Spend in those tools which helps in reading
5. Time should be set for reading and so days too
6. Get a reading partner

These are the tips given by king (2017).

According to Patil, reading helps anyone to grow well. It helps to grow into an inspiring, innovative and intelligent person. Reading is a most effective deal which a person would accomplish. So always keep reading. Leave all those stuff which become hindrance in book reading habit. More he says if a man don't find time to read is same like the one who don't read at all (Patil, n.d.).

According to (Babauta, 2019), there are fourteen ways to cultivate the good reading habit for the lifetime, these are:

1. Time setting
2. Carrying book always
3. Make a list
4. Find a place which is quiet and peaceful
5. Television and internet must be reduced
6. Read in front of your kid
7. Keep a diary
8. There must be a visit to the used book shops
9. A library day is necessary
10. Read like fun
11. Make reading pleasurable
12. Blog it
13. Set a high goal
14. Have a special reading hour

All of these important points will help to have a lifetime reading habit (Babauta, 2019).

Life has become changed for lama when she started reading. She had started reading very late in her life. She can't forget the feelings when she had finished her first book. She says, if you are passionate for reading, there will be no hindrance in your way. Nobody have the power to stop you. She gave ten important suggestions in order to cultivate the good reading habit. The 9th suggestion is to read book reviews. According to which she says by reading the reviews of the book, you will find different point of views. And according to her last point, if you feel bore and sleepy, don't stop reading. You go for a cup of coffee or tea so that you keep reading (Lama, 2018).

TECHNOLOGY AND BOOK READING HABITS

Bilan has said that in our society various technologies have been raised within last few decades. Many disturbing devices and services have aroused, including computers, internet, smart phone and E-readers, and because of these our reading habit is changing a lot. These technologies has influenced our lives so much. Artificial Intelligence is playing major role, what we say or write, it will ultimately spill out into the realm of reading too. Bilan wants to discover the changes that have been produced by this shift towards more technologically compelled society and how it sends ripples into the world of devoted as well as not so devoted readers (Bilan, 2019).

There are several useful effects of books on the mind and body. The main benefit is that reading helps keep your brain fit and active. And here, as the time passes, it is becoming difficult for people to sit down and have a book to read. It is difficult for people to discover an unimaginable world. This is the new generation and advancement in every aspect of life is increasing. One can say that the advancement in the technology is taking place with the rapid speed. Some may blame technology for the fact that reading habit is decreasing day by day. Some people think that internet, social media is playing a major role in this loss of reading habit. Some people think that the education system has limited minds. They think that knowledge is what textbooks hold. This advancement is leading a life to difficult side. It is feasible to know that internet was produced to improve lives of the people. It was not produced to stress the lives down. One cannot neglect what good technology has done to the world also it cannot be neglected how technology has enslaved the minds of people (Kahraman, 2017).

The young people are least concerned about getting knowledge through books they are rather curious about the next model of a mobile phone or laptop (Kahraman, 2017). The advancement in the technology is taking place with the rapid speed. The printing press did revolution. And now the internet, smart boards, tablets and e-readers are blessings of modern technology. Due to these advancement in technology, all these inventions are changing the peoples' reading habit completely (Kahraman, 2017). Another reason of reversal is may be the digital fatigue. Another reason is that some e-book readers are switching to audio books. It is easy to play audio books on smart-phones when you are multi-tasking (The New York Times, 2018). Today the use of internet is increasing and the use of books and reading books is decreasing very fast. This is not fare, one should make a good balance between these two (Tabbasum, 2019). Radwan says that today most people don't have patience. He says that technology is advancing very fast. With the advancement in the modern technology people got more impatience. People has lost their attention and focus (Radwan, 2017). China has a 96.4% literacy rate, which is higher than the global average of 86.3% (Pariona, 2017). Book reading habit is a very good habit to have in one's life. Good book increases knowledge, enlighten one's life and lead life in the right direction. Reading books reduce stress and make you relax in any age. Reading was a popular practice in past, even amongst the less educated. Now this is the era of digital technology. Internets, smart boards, tablets and e-readers have changed our reading and learning habits entirely, but the change is in the air for book lovers. In this scientific and technological era reading of books and reading habits are very important from learning point of view.

METHODOLOGY

The descriptive survey research design was adopted for this study. In this connection, a questionnaire consisting of 37 questions was constructed with the help of supervisor. Random sampling technique was used for the collection of data. The participants of the study were secondary science students. Islamabad Capital Territory (ICT) is divided into six sectors on the basis of educational administration. Out of these sectors, Urban II sector was taken as population through multistage sampling technique. There are 41 model schools colleges in Urban II sector. All Science Students studying at matric level in 41 model schools and colleges of secondary level comprises the population of the study. Out of 22 schools and 19 colleges of urban II sector, two boys' and two girls' schools were selected by random sampling technique. The names of all 41, schools and colleges were written on chits. Randomly two were drawn from boys and two were drawn from girls. Out of these schools' all science students studying at Secondary School level were chosen from each school. A questionnaire on book reading habits was developed by the researcher. This tool was

consisted of 36 statements on five point Likert scale. Statements were improved in the light of suggestions given by experts. The questionnaire was administered to the 122 respondents, 59 girls and 63 boys, personally and they were asked to fill in the questionnaire accordingly. All the Questionnaires were filled from the respondents. Researcher personally visited the schools; questionnaire were given to the students to extract information. Filled questionnaire were collected by the researcher after some time. The received information from the sample students were tabulated and data was analyzed by using simple percentage method.

Results

Table 1. Male Students' opinion related to Reading

Questions	Total	SA	A	N	D	SD
I think being able to read is important.	60	68%	32%	0%	0%	0%
Reading is an obligation?	63	51%	35%	0%	14%	0%
Reading is necessary skill for learning?	63	54%	43%	3%	0%	0%
Reading is important for mental development?	63	63%	33%	3%	0%	0%
Reading helps in cognitive development?	63	32%	65%	3%	0%	0%

Table 2. Female Students' opinion related to Reading

Questions	Total	SA	A	N	D	SD
	100					
I think being able to read is important.	59	%	0%	0%	0%	0%
Reading is an obligation?	59	5%	47%	%	%	0%
Reading is necessary skill for learning?	59	61%	39%	0%	0%	0%
Reading is important for mental development?	59	39%	56%	0%	5%	0%
Reading helps in cognitive development?	57	44%	32%	11%	0%	14%

Table 1 and 2 shows that 68% of boy respondents and 100% girl respondents strongly agree that being able to read is important. 32% of boys agree that being able to read is important. 51% boy respondents and 5% girl respondents strongly agree that reading is an obligation. Only 14% boy respondents and 17% girl respondents don't agree that reading is an obligation. 54% boy respondents strongly agree and 61% girl respondents strongly agree that reading is necessary skill for learning. For the importance of reading for mental development 63% boys and only 39% girls strongly agree. 56% girl respondents agree about reading for mental development whereas 5% girl respondents disagree on this. Boys respondents of 32% strongly agree and 65% just agree that reading helps in cognitive



development whereas 44% girl respondent strongly agree, 32% agree, 11% respondents neutral and 14% respondents are strongly disagree.

Table 3. Male Students' opinion related to Reading Skills

Questions	Total	SA	A	N	D	SD
I use strategies such as chunking or skimming as I read.	61	25%	10%	38%	15%	13%
I try to limit disturbances when I read.	61	23%	38%	28%	5%	7%
I read for writing further?	61	18%	79%	3%	0%	0%
I read for critical thinking?	60	18%	50%	13%	13%	5%
Reading improves focus and concentration?	63	49%	38%	13%	0%	0%

Table 4. Female Students' opinion related to Reading Skills

Questions	Total	SA	A	N	D	SD
I use strategies such as chunking or skimming as I read.	59	0%	10%	17%	29%	44%
I try to limit disturbances when I read.	59	25%	25%	29%	15%	5%
I read for writing further?	59	41%	22%	37%	0%	0%
I read for critical thinking?	56	18%	34%	18%	30%	0%
Reading improves focus and concentration?	59	76%	24%	0%	0%	0%

Table 3 and 4 indicates that's 44% girl respondents are strongly disagree that they use strategies such as chunking or skimming as they read and only 13 % boy respondents strongly disagree for using such strategies. 25% boys strongly agree and 10% just agree that they use strategies for reading.79% boy respondents agree that they read for writing further and 18% strongly agree, 3% are neutral whereas 37% girl respondents are neutral, 41% are strongly agree and 22% are just agree. 18% boys are strongly agree, 50% boys are agree that they read for critical thinking. Only 13% boy respondents are neutral , 18% girl respondents strongly agree, 34% are agree, 18% are neutral and 30% are disagree that they read for critical thinking. 76% girl respondents strongly agree and 24% agree that reading improves focus and concentration. 49% boy respondents agree strongly, 38% agree and 13% neutral about the improvement of focus and concentration through reading.

Table 5. Male Students' opinion related to Routines

Questions	Total	SA	A	N	D	SD
I read just for fun?	63	11%	10%	14%	22%	43%
I read to simply pass the time?	63	0%	5%	6%	37%	52%
I read books before going to bed?	63	32%	41%	3%	19%	5%
I prefer to read books on online material?	63	13%	3%	43%	29%	13%
I read other books to get reference.	63	17%	70%	6%	6%	0%

Table 6. Female Students' opinion related to Routines

Questions	Total	SA	A	N	D	SD
I read just for fun?	57	0%	18%	28%	33%	21%
I read to simply pass the time?	59	0%	15%	7%	41%	37%
I read books before going to bed?	59	24%	36%	22%	3%	15%
I prefer to read books on online material?	59	22%	20%	25%	29%	3%
I read other books to get reference.	56	23%	43%	29%	5%	0%

Table 5 reveals that 11% boy respondents strongly agree, 10% agree, 14% are neutral, 22% disagree and 43% are strongly disagree that they read just for fun and table 6 reveals that 21% girl respondents strongly disagree, 28% disagree, 33% neutral and 18% are agree that they read for fun. 52% boys respondents are strongly disagree that they read just to pass the time, 37% disagree, 6% are neutral and only 5% agree that they read to simply pass the time. 41% girl respondents disagree, 37% strongly disagree, 15% agree and only 7% are neutral that they read simply to pass time. 32% boy respondents strongly agree, 41% agree, 3% neutral, 19% disagree and only 5% strongly disagree that they read books before going to bed. 24% girl respondents strongly agree, 36% agree, 22% neutral, 3% are disagree and 15% are strongly disagree that they read books before going to bed. 43% boy respondents are neutral in preferring online material for reading. 13% strongly agree, 13% strongly disagree and 29% disagree and 3% are agree that they give preference to read online material. 70% agree, 17% strongly agree of boy respondents that they read other books to get reference. 29% girl respondents are neutral for getting reference.

Table 7. Male Students' opinion related to Availability of books for reading

Questions	Total	SA	A	N	D	SD
I have favourite books that I like to read.	63	54%	21%	25%	0%	0%
I don't have enough money to buy books.	63	11%	17%	16%	19%	37%
I don't have time to read books.	63	6%	10%	17%	8%	59%
I often visit library to read books.	63	40%	35%	19%	6%	0%
I borrow books to read.	63	27%	13%	38%	13%	10%

Table 8. Female Students' opinion related to Availability of books for reading

Questions	Total	SA	A	N	D	SD
I have favourite books that I like to read.	59	46%	41%	10%	0%	3%
I don't have enough money to buy books.	59	0%	5%	17%	36%	42%
I don't have time to read books.	59	3%	29%	15%	36%	17%
I often visit library to read books.	59	15%	15%	22%	29%	19%
I borrow books to read.	59	10%	39%	37%	5%	8%

Table 7 depicts that 54% boy respondents are strongly agree that they have favorite books that they like to read, 21% boys are agree and 25% are neutral. Table 8 depicts that 46% girl respondents are strongly agree, 41% agree, 10% are neutral and only 3% are disagree to have favorite books. Table 7 and 8 shows that only 11% boys strongly agree, 17% agree, 19% disagree, 16% neutral and 37% are strongly disagree and 0% girls strongly disagree, 36% disagree, 17% are neutral and only 5% agree that they don't have enough money to buy books. 59% boys are strongly disagree that they don't have time to read books whereas 17% girl respondents strongly disagree and 36% disagree that they don't have time to read books. 40% boys strongly agree and 35% agree that they visit library to read books whereas only 15% of girl respondents strongly agree, 15% agree that they go library for reading books. 38% boy respondents are neutral in borrowing books to read, 27% are strongly agree. 39% of girl respondents agree and 10% are strongly agree that they borrow books to read, 37% of them are neutral and only 8% strongly disagree.

Table 9. Male Students' opinion related to Environment

Questions	Total	SA	A	N	D	SD
I like to listen music when I read?	63	0%	13%	11%	14%	62%
I prefer to read book in my room than in public library?	63	29%	29%	40%	2%	2%
Parents don't allow me to read non-curriculum books?	59	7%	29%	36%	7%	22%
Parents encourage me to read non curricular books?	59	15%	12%	41%	29%	3%
I always carry a book to read?	63	17%	43%	11%	19%	10%

Table 10. Female Students' opinion related to Environment

Questions	Total	SA	A	N	D	SD
I like to listen music when I read?	59	32%	3%	0%	12%	53%
I prefer to read book in my room than in public library?	59	49%	36%	3%	5%	7%
Parents don't allow me to read non-curriculum books?	59	0%	0%	5%	29%	66%
Parents encourage me to read non curricular books?	59	31%	29%	14%	15%	12%
I always carry a book to read?	59	7%	20%	56%	10%	7%

Table 9 and 10 shows that no any boy respondent strongly agree to listen music while reading, only 13% agree, 11% are neutral, 14% disagree and 62% strongly disagree whereas out of 100% girls respondents 32% strongly agree, 3% agree, 0% are neutral, 12% disagree to like music while reading. 40% boy respondents are neutral to give preference to read book in room than public, 29% are agree and 29% are strongly agree. Table 10 shows that 49% girls prefer strongly to read book in their rooms than in public. 36% boys are neutral that their parents don't allow them to read non curriculum books, 7% strongly disagree and 29% disagree. 66% of girl respondents strongly disagree that their parents don't allow them to read non curriculum books. 31% agree and 29% strongly agree that their parents encourage them to read non curricular books whereas 41% boy respondents are neutral that their parents encourage them to read non curricular books. 43% boy respondents are agree to have book with them always to read whereas 56 % of girl respondents are neutral to carry book with them always.

Table 11. Male Students' opinion related to time management

Questions	Total	SA	A	N	D	SD
I read during the time of the day when I am most awake.	63	27%	43%	22%	0%	8%
I read books in my leisure time.	57	14%	37%	25%	25%	0%
Reading books helps in time management.	63	29%	43%	22%	6%	0%
Reading books make me self-regulated?	63	40%	54%	6%	0%	0%
I manage time to read book daily?	63	52%	29%	16%	3%	0%

Table 12. Female Students' opinion related to time management

Questions	Total	SA	A	N	D	SD
I read during the time of the day when I am most awake.	59	15%	36%	39%	10%	0%
I read books in my leisure time.	59	3%	59%	24%	14%	0%
Reading books helps in time management.	59	5%	44%	51%	0%	0%
Reading books make me self-regulated?	59	39%	44%	3%	5%	8%
I manage time to read book daily?	59	14%	41%	31%	7%	8%

Table 11 and 12 indicates that boy respondents of 27% strongly agree and 43% agree and 22% are neutral to read during day time when they are most awake whereas 39% of girl respondents are neutral, 15% strongly agree and 36% are agree. 37% boy respondents agree, 14% strongly agree, 24% neutral and 25% disagree that they read books in their free time. Whereas 59% girl respondents agree, 24% neutral and 14% disagree to read books in leisure time. 44% girl respondents thinks that reading helps in time management and 44% strongly agree that reading books make them self-regulated. Also 43% boy respondents agree 29% strongly agree and 22% neutral that book reading helps in time management. 40% boy respondents are strongly agree and 54% agree that book reading makes them self-regulated. 52% of boys and 14% of girls strongly agree to manage time to read. Very less boy and girl respondents disagree and strongly disagree to manage time to read books daily.

Table 13. Male Students' opinion related to benefits of reading

Questions	Total	SA	A	N	D	SD
Reading books help me to refrain from bad habits.	55	56%	36%	0%	0%	7%
Reading books gives more knowledge about environment.	63	71%	19%	10%	0%	0%
Reading books helps in to control anger.	63	27%	46%	24%	3%	0%
I can convince others because of knowledge that I get from books.	63	30%	56%	11%	0%	3%
Reading helps in the improvement of the memory?	63	78%	19%	3%	0%	0%

Table 14. Female Students' opinion related to benefits of reading

Questions	Total	SA	A	N	D	SD
Reading books help me to refrain from bad habits.	59	47%	34%	5%	5%	8%
Reading books gives more knowledge about environment.	59	61%	29%	10%	0%	0%
Reading books helps in to control anger.	59	17%	42%	29%	12%	0%
I can convince others because of knowledge that I get from books.	57	46%	35%	16%	0%	4%
Reading helps in the improvement of the memory?	59	46%	44%	5%	5%	0%

Table 13 and 14 shows that 56% of boy respondents strongly agree and 36% agree that reading books help them to refrain from bad habits and 47% girl respondents strongly agree and 34% agree that book reading help them to refrain from bad habits. 71% boys strongly agree and 19% agree and 61% girls strongly agree and 29% agree that book reading gives more knowledge about environment. About reading books help in control anger 27% boy respondents strongly agree, 46% agree and 24% neutral and 17% girl respondents strongly agree, 42% agree and 29% are neutral. 30% boys are strongly agree, 56% agree and 46% girls are strongly agree, 35% agree and only 16% neutral that they can convince others because of knowledge that they get from books. 78% of boys strongly agree, 19% agree and 3% neutral that reading helps in the improvement of the memory. 46% of girls strongly agree, 44% agree, 5% neutral and 5% disagree that reading helps in the improvement of the memory.

Table 15. Male Students' opinion related to open ended questions

Questions	Total	1	2	3	4	5
I am most interested to read:	46	11%	17%	13%	37%	22%

Table 16. Female Students' opinion related to open ended questions

Questions	Total	1	2	3	4	5
I am most interested to read:	55	7%	9%	24%	60%	0%

Where 1 is test books, 2 science discovery books, 3 is fiction stories, 4 is history and 5 is for other books.

Table 15 indicates that 11% of boys are most interested to read text books, 17% boy respondents are most interested to read science discovery books, 13% fiction stories, 37% boys are interested in history and 22% boys are interested in reading other books and more than 1 options Table 16 depicts that 60% girl respondents are interested to read history, 7% likes to read text books, 24% fiction stories and 9% likes to read science discovery books.

In the last open ended question that write few lines on book reading, all the students wrote the importance and the benefits of book reading and some students wrote, why they like any subject the most.

Independent Samples Test											
		Levene's Test for Equality of Variances				t-test for Equality of Means					
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
										Lower	Upper
Boys and girls reading habits are assumed same.	Equal variances assumed	367.928	.000	-1.5	95	0.544	.31579	.06115	.19439	.43719	

The p value for t-test is 0.5 which is more than the probability value of 0.05 therefore the null hypothesis that there is no difference in reading habits of boys and girls is rejected and we accept the alternative hypothesis that there is significant difference in reading habits of boys and girls.

Findings

Findings of the study were as follow

68% of boy respondents and 100% girl respondents strongly agree that being able to read is important. 32% of boys agree that being able to read is important. 51% boy respondents and 5% girl respondents strongly agree that reading is an obligation. Only 14% boy respondents and 17% girl respondents don't agree that reading is an obligation. 54% boy respondents

strongly agree and 61% girl respondents strongly agree that reading is necessary skill for learning. For the importance of reading for mental development 63% boys and only 39% girls strongly agree. 56% girl respondents agree whereas 5% girl respondents disagree on this. Boys respondents of 32% strongly agree and 65% just agree that reading helps in cognitive development whereas 44% girl respondent strongly agree, 32% agree, 11% respondents neutral and 14% respondents are strongly disagree. 44% girl respondents are strongly disagree that they use strategies such as chunking or skimming as they read and only 13 % boy respondents strongly disagree for using such strategies. 25% boys strongly agree and 10% just agree that they use strategies for reading. 79% boy respondents agree that they read for writing further and 18% strongly agree, 41% girl respondents are strongly agree and 22% are just agree. 18% boys are strongly agree, 50% boys are agree that they read for critical thinking. 18% girl respondents strongly agree, 34% are agree. 76% girl respondents strongly agree and 24% agree that reading improves focus and concentration. 49% boy respondents agree strongly and 38% agree 22% boy respondents disagree and 43% are strongly disagree that they read just for fun. 21% girl respondents strongly disagree, 33% disagree, 28% neutral and 18% are agree that they read for fun. 52% boys respondents are strongly disagree that they read just to pass the time and 37% disagree. 41% girl respondents disagree, 37% strongly disagree. 32% boy respondents strongly agree, 41% agree that they read books before going to bed. 24% girl respondents strongly agree, 36% agree and 15% are strongly disagree that they read books before going to bed. 43% boy respondents are neutral in preferring online material for reading. 70% agree, 17% strongly agree of boy respondents that they read other books to get reference. 29% girl respondents are neutral for getting reference. 54% boy respondents are strongly agree that they have favorite books that they like to read, 21% boys are agree and 25% are neutral. 46% girl respondents are strongly agree, 41% agree to have favorite books. 37% boys and 42% girls strongly disagree that they don't have enough money to buy books. 59% boys are strongly disagree that they don't have time to read books whereas 17% girl respondents strongly disagree and 36% disagree that they don't have time to read books. 40% boys strongly agree and 35% agree that they visit library to read books whereas only 15% of girl respondents strongly agree. 39% of girl respondents agree and 10 % are strongly agree that they borrow books to read, 37% of them are neutral and only 8% strongly disagree. No any boy respondent strongly agree to listen music while reading, only 13% agree whereas 32% girl respondents strongly agree, 3% agree to like music while reading. 40% boy respondents are neutral to give preference to read book in room than public. 49% girls prefer greatly to read book in their rooms than in public. 36% boys are neutral that their parents allow them to read non curriculum books, 22% strongly disagree and 7% disagree. 66% of girl respondents strongly disagree that their parents don't allow them to read non curriculum books. 31% girl respondents strongly agree and 29% agree that their parents encourage them to read non curricular books whereas 41% boy respondents are neutral that their parents encourage them to read non curricular books. 43% boy respondents are agree to have book with them always to read whereas 56 % of girl respondents are neutral to carry book with them always. Boy respondents of 27% strongly agree and 43% agree to read during day time when they are most awake whereas 39% of girl respondents are neutral. 37% boy respondents agree, 14% strongly agree that they read books in their free time. Whereas 59% girl respondents agree to read books in leisure time. 44% girl respondents thinks that reading helps in time management and 39% strongly agree that reading books make them self-regulated. Also 43% boy respondents agree 29% strongly agree and 22% neutral that book reading helps in time management. 54% boys agree that book reading makes them self-regulated. 52% of boys and 14% of girls strongly agree to manage time to read. Very less boy and girl respondents disagree and strongly disagree to

manage time to read books daily. 56% of boy respondents strongly agree and 36% agree that reading books help them to refrain from bad habits and 47% girl respondents strongly agree and 34% agree that book reading help them to refrain from bad habits. 71% boys strongly agree and 19% agree and 59% girls strongly agree and 29% agree that book reading gives more knowledge about environment. About reading books help in control anger 27% boy respondents strongly agree, 46% agree, 17% girl respondents strongly agree, 42% agree. 30% boys are strongly agree, 56% agree and 46% girls are strongly agree, 35% agree that they can convince others because of knowledge that they get from books. 78% of boys strongly agree that reading helps in the improvement of the memory. 46% of girls strongly agree and 44% agree. 11% of boys are most interested to read text books, 17% boy respondents are most interested to read science discovery books, 13% fiction stories, 22% boys are interested in reading other books and more than 1 option 60% girl respondents are interested to read history, 7% likes to read text books, 24% fiction stories and 9% likes to read science discovery books.

Conclusions

On the basis of finding researcher has drawn following conclusions:

Many boys use strategies for reading but most girls avoid skimming and chunking.

Boys and girls of government schools limit disturbances while reading, both boys and girls read for writing further and critical thinking. Reading improves boys' and girls' focus and concentration. Mostly boys and girls don't read for fun, also they don't read to simply pass the time. Many student girls and boys read books before going to bed and they don't prefer online material. Both boys and girls manage time to read books daily. Maximum boys and girls agree with the benefits of reading books. Parents encourage more girls than boys to read non curricular books and mostly parents of boys don't allow boys to read non curricular books. According to both girls and boys reading books help them in time management and make them self-regulated. Boys read books at the day time whereas more girls are neutral. Mostly girls read books in their leisure time, boys too read in their leisure time but more boys are neutral.

Recommendations

Following recommendations were made to increase the book reading habit in secondary students of government schools:

1. Government must ensure proper funding schemes for the government schools as many students don't afford books to buy.
2. There should be one library period in a week for students to ensure the book reading habit in public as well.
3. There should also be a visit to local library sometimes arranged by the administration of the school.
4. Book festivals and book fairs should be arranged often for the introduction and selling of the books for good book reading habit.
5. Students should be asked what they are reading other than curriculum books and what they are getting from that book.

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